

A N N U A L N A R R A T I V E R E P O R T

* * * * *

December 1, 1954

to

November 30, 1955

by

Lucinda E. Hughes

Home Demonstration Agent

Agricultural Extension Service

COCONINO COUNTY

ARIZONA

* * * * *

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I. PREFACE

The following narrative report is a summary of the Agent's activities in Coconino County for the year 1954-55. A total of sixty-eight (68) days was spent in the County. Thirty-six (36) days were devoted to adult work and thirty-two (32) days were devoted to 4-H Club Work.

The Agent wishes to take this opportunity to thank all National, State, and County Agricultural Extension Workers who have given their most valuable time and assistance this year.

II. HIGHLIGHTS

Ten Coconino County women attended the Annual Bi-County Program Planning meeting held at Chino Valley this year. The newly re-organized Chino Valley Homemakers served as hostesses.

The highlight of the day was a speech given by Dr. Richard A. Parry, Yavapai County School Psychologist. Points made by Dr. Parry were:

1. In order to be mentally healthy we must love more than we hate.
2. Develop a code of behavior
3. Get satisfaction from living.
4. Emotional security is of first importance. Learn better ways of doing your job. Learn to work and play together as a family and as a community.
5. Emotional maturity. Emotions must be mature, not juvenile.

Point 4 brought out by Dr. Parry fitted right into one of our Home Demonstration aims for the past year, "Happiness through family unity."

The women did an excellent job this fall of selecting aims and problems which they feel will help them achieve their aims. Their discussion and final decisions showed that they were really thinking and planning ahead.

The women participated well in the entire Home Demonstration Program this year. The project which furnished the most fun seemed to be "Specialty Breads". Homemakers seem to be universally interested in making fancy, wholesome breads. Leader train meetings were held in sections of the County. Leaders reported that attendance was exceptionally large and interest was high. Other projects for the year (1955) were:

1. Health
 - a. Simple home nursing techniques

II. HIGHLIGHTS (continued)

- b. Verde Valley Health Chairmen:
The Sedona Homemakers through the Red Rock Area (a part of Yavapai County) assisted with the:
 - 1) Promoted mental health clinics
 - 2) Procured a Public Health School Psychologist for Yavapai County for the year, September 1955-September 1956.

2. Home Management

- a. Wood finishing and re-finishing
- b. Upholstery

Special interest workshops

3. Nutrition

- a. Cultivation of herbs
- b. Use of herbs, one dish meals and vitamins A & C

4. Clothing

- a. Pattern alteration and use of that pattern
- b. Remodeling
 - 1) Coats
 - 2) Suits
 - 3) Dresses, etc.
- c. Finishing techniques

5. Recreation

- a. Program Planning (a portion of this program is recreation) (Music and how to get it into the Club program)
- b. Verde Valley Family picnic - Sponored by the Sedona Homemakers

III. ORGANIZATION AND PLANNING

It is the aim of this Extension Agent to build a county home demonstration program to meet the needs of the rural families in her area. The Agent endeavors to integrate and unify a number of projects into one county program. Through individual thinking, club recommendation and county-wide planning, we endeavor to arrive at general overall problems which will lend themselves to extension teaching. This Agent tries to keep the general extension home demonstration program on a high educational level, to not have the county-wide program filled with crafts and irrelevant projects which may have a temporary interest but which do not have a real educational value. The Agent recognizes the therapeutic value of crafts but feels that these should be special interest projects lead by either a woman in the group or some other person in the community. This teacher need not be a trained instructor but he or she must know the craft. The Agent has assisted and will continue to assist groups to set up such special interest groups. Clubs have craft chairmen with whom the Agent works.

Still another problem in small communities in Coconino County is to keep the women from becoming too involved, as a group, in local problems. The Agent is endeavoring to teach calm, rational consideration of all problems as they arise but not to go overboard on any one problem. Our County-wide program through its diversification of projects is a good example of this. The Agent's primary aims in the Home Demonstration program are:

1. To teach the latest and best home economics information
2. To have homemakers put this information into use.
3. To reach all rural homemakers in Coconino County.

If disruption of any kind keeps homemakers from receiving and using the information, we are not achieving our goals.

Homemakers are most cooperative in assisting with the planning of and participating in the Home Demonstration program. They realize the impossibility of the Agent being at all meetings and doing all projects suggested. Their representatives have done a good job of attending Leader Training Meetings and relaying the information to their other club members.

III. ORGANIZATION AND PLANNING (Continued)

Program Planning

Program planning encompasses a wide range of endeavor, from Bi-County-wide program planning to individual club, community and project planning. Theoretically each County does its program planning in the fall for the coming year. However, this meeting is actually a sifting of ideas and problems which the women have been accumulating throughout the past year. The objects of an annual program planning day are:

1. To survey and evaluate the last year's home demonstration program in the County.
2. To discuss and plan for the next year's home demonstration program.
3. To introduce any new facilities which are available to the homemakers.

The aims of program planning are:

1. To arrive at a county-wide Home Demonstration Plan or Work which meets the needs of the largest possible number of people.
2. To plan so that everyone feels that their problems are at least being worked on if not completely solved.
3. To teach the value of planning.
4. To develop leadership by bringing women together and encouraging them to express not only their own individual problems but their communities' problems.

There are many ways of planning a County Home Demonstration Program. The method used by this Agent is for:

1. The women of the community, club or organization submit their problems or desires for the country program to their groups.
2. Each organization or club sends a minimum of four representatives to the bi-county planning meeting held each fall.
3. Discussion groups (clothing, foods, home management, health) recommend to the Agent and the meeting as a whole their recommendations for project work for the coming year.
4. Representatives from each group meet together at the end of the bi-county program planning meeting to select their specific recommendations from the recommended problems.

III. ORGANIZATION AND PLANNING (continued)

Each representative comes to the bi-county program planning meeting more or less instructed as to what her group feels is important for the Home Demonstration program for the coming year. Each group -for example, foods) may recommend as many as four or five problems for immediate action. Depending upon the scope of the problem one to three in each field may finally wind up on the bi-county program. Two factors have to be taken into consideration in planning the program. They are as this Agent sees it:

1. The women's time and abilities.
2. The Agent's time

A tremendous effort is made by all Extension personnel to meet the women's needs and to have a well-rounded Home Economics and Health program.

The values of bi-county program planning meetings are:

1. The women have an opportunity to express their own community problems. In this way they actually do plan their own Home Demonstration program.
2. The women have an opportunity to meet and come to know other rural women of both counties. Perhaps one of the greatest advantages is that through informal talking together, homemakers come to realize that their own particular problems are not unique, that other groups and individuals have the same problems. Its always less difficult "to suffer together than separately".
3. The women come to realize the time limitations of the Home Demonstration Agent and that it is not humanly possible for her to do everything that they may want and need each year. They assist in selecting the most pressing problems for immediate action.

B.1955 Program Planning Meeting for the 1956 Home Demonstration Program

The 7th Annual (1955) Coconino County and Yavapai Counties' Program Planning Meeting was held at Chino Valley on October 5, 1955. This year we had 3 special events:

1. The State Home Demonstration Leader demonstrated group singing with especially prepared records acting as the song leader.
2. The Yavapai County Agricultural Agent talked with the women on their part in the Agricultural Extension Service Program. He emphasized that women must critically study all new scientific information and equipment and be ready to "change with the times"/

III. ORGANIZATION AND PLANNING (Continued)

3. Dr. Richard A. Parry, Yavapai County School psychologist gave a most interesting and instructive talk on Mental Health, Some of the points which he brought out were:

- a. In order to be mentally healthy we must love more than we hate.
"Gossiping and backbiting" are signs of mental disruption.
Discipline is a symbol of love.
- b. Develop a code of behavior.
- c. Get satisfaction from living. At least once a week do something different. (Get your husband to take you out to dinner ! !)
- d. Emotional security. Learn better ways of doing your job.
Learn to work and play together as a family and as a community.
- e. Emotional maturity.

All of the women attending the program planning meeting reported enthusiastically regarding Dr. Parry's talk. He was quoted many times on his remark about child discipline. He said that before he had children of his own (4) he knew all about raising them, now he has his doubts. However, he suggested a "old time hickory limb" had its place in modern child rearing. The Sedona Club plans to meet in a Yavapai County home of one of their members so that Dr. Parry can "legally" talk to their entire group.

The Agent feels that this year's (1955) program planning for the 1956 Home Demonstration Program was most successful. (Program attached) Techniques followed were:

1. All clubs and groups were sent a letter announcing the program planning date and objective. (copy attached).
2. All clubs were asked to send four official delegates and as many others as wished to attend.
3. Discussion group chairmen were furnished with material on trends in their particular fields. They were not given specific topics for selection. The aim of the Program Planning Meeting is for women to present problems not solutions. We do not feel that selection from a list of special topics, such as "mending made easier," "eating for health in later life", etc., would accomplish the aim of program planning. Each year the women grow a little.

HOME DEMONSTRATION PROGRAM PLANNING DAY
Yavapai and Coconino Counties
October 5, 1955 - Chino Valley

* * * * *

9:45-10:10	REGISTRATION
10:10-10:15	General Assembly Meeting called to order Lucinda E. Hughes
10:15-10:20	Welcome Mrs. Vernon (Virginia) Stattler President Chino Valley Homemakers
10:20-10:35	Women's Part in the Agricultural Extension Program Alvin Allen Yavapai County Agricultural Agent
10:35-10:50	Planning Your Home Demonstration Program Jean Stewart State Home Demonstration Leader
10:50-11:00	Recess
11:00-11:30	Discussion Groups get acquainted Clothing- Mrs. Glynn (Avis) Despain Nutrition- Mrs. Marie Smith Home Management- Mrs. Sam (Kay) Benedict Health- Mrs. Austin (Annie) Nunn
11:30-12:00	Mental Health Dr. Richard A. Perry Yavapai County School Psychiatrist
12:00- 1:15	Luncheon & Entertainment Chairman- Mrs. W. Sargent
1:15- 2:15	Reassemble into Discussion Groups
2:15-3:00	General Assembly Reading & discussion of project discussion group recommendations
3:00	HOMEWARD BOUND
Hostess Club	Chino Valley Homemakers

PROBLEMS WHICH WE HAVE STUDIED DURING THE LAST 4 YEARS

1952

1. Bread Making
2. Basic seven menus in relation to foreign cookery

1953

1. Freezer Problems

FOODS

1954

1. Pre-Planning & Economy
Broiler & One Dish
Meals
Protein Value of Foods

1955

1. Cultivation of Herbs
2. Use of herbs - One Dish Meals, Vitamins A & C
3. Speciality Breads

CLOTHING

1. Tailoring
2. Finishing techniques

1. Making of Western Shirts
2. Choosing accessories for varying occasions

1. Simple Home Sewing for Beginners -Leader Training Meetings
2. Sewing Machine Clinics
3. Mending & Simple repair
4. New Types of material
a. Characteristics
b. Care
1. Basic Patterns Alteration & Use
2. Remodeling coats-Suits-dresses(Finishing techniques)

HOME MANAGEMENT

1. Simple Household Repair
2. Upholstery

1. Principles of color
Textile painting
2. Hostessing & Entertaining-Calm, Cool & Collected

1. Window Treatments
a. Problem Windows
b. Drapery Making
1. Wood Finishing
2. Upholstery

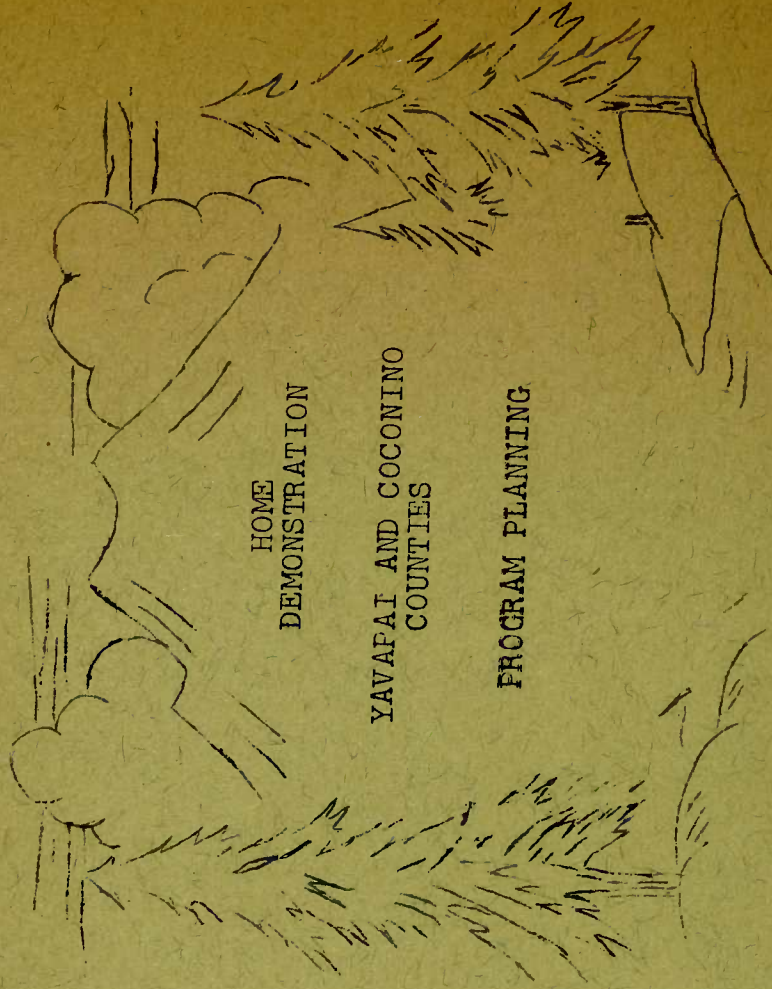
HEALTH

1. Fly Control
-Sectional Basis

1. Fly & Insect control
-Community Basis

1. Early Recognition of Disease

1. Simple Home Nursing techniques



HOME
DEMONSTRATION
YAVAPAI AND COCONINO
COUNTIES
PROGRAM PLANNING

Co-operative Extension Work
in Agriculture and Home Economics,
the University of Arizona
College of Agriculture and the
U. S. Department of Agriculture
co-operating.

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
STATE OF ARIZONA
—
FLAGSTAFF

UNIVERSITY OF ARIZONA
COLLEGE OF AGRICULTURE
U. S. DEPARTMENT OF AGRICULTURE
AND COCONINO COUNTY COOPERATING

September 12, 1955

AGRICULTURAL EXTENSION SERVICE
COUNTY AGENT WORK

Dear President:

The Bi-County Program Planning meeting will be held at the Community Church, Chino Valley, October 5, 1955. Chino Valley Homemakers will be the Hostess this year. You will have an opportunity to meet and talk with Dr. Richard A. Parry, the Yavapai County School Psychiatrist.

Please have your Foods, Clothing, Home Management and Health Chairmen or their representatives attend this meeting as official delegates. All other club members and friends are invited to attend. Please fill out and return the attached reservation sheet to me not later than September 28, 1955.

Find enclosed a copy of the 1954 and the 1955 County Home Demonstration Programs. Most of you probably have this knowledge at your finger tips but perhaps a quick resume may help you plan for 1956.

Remember, each group should be represented by at least four women (one for each discussion group) at our bi-county program planning in Chino Valley, October 5, 1955. Let's plan the program best suited to each of your needs and desires.

Sincerely yours,

Lucinda E. Hughes
Lucinda E. Hughes
HOME DEMONSTRATION AGENT

LEH:T
Encs.

50 c.

SUBJECT: Bi-County Program Planning
PLACE: Community Church- Chino Valley
DATE: Wednesday, October 5, 1955
TIME: 10 A.M. to 3 P.M.

III. ORGANIZATION AND PLANNING (Continued)

4. Each group was sent a report of the program planning meeting by the Home Demonstration Agent. (copy attached)

This year (1955) the women did an excellent job at their program planning meeting. Discussion groups met from 11:00 A.M. to 11:30 A.M. and again from 1:30 P.M. to 2:30 P.M. The women seemed to like this broken discussion period. Each group wrote their recommendations for aims and project work on large poster paper. Then, rather than each discussion group arranging the problems in the order of importance, each community group got together and decided what they as a group thought was the most important problem. Each community had two choices in each of the 4 fields of the Home Demonstration Program. Aims or goals recommended by the discussion groups were:

1. To promote physical and mental health in the home.
2. To make meal time more nutritious, enjoyable and attractive.
3. To pool family time and energy
4. To acquire more knowledge of modern equipment and materials.
5. To learn more creative activities.
6. To learn ways of doing our job better as homemakers.

Recommendations of the various groups for project work and study in 1956 were:

1. Clothing

- a. Keeping up with the care and characteristics of the new, man-made fibers and materials.
- b. Organizing our sewing centers
- c. Care in selection of childrens' shoes for health and comfort.
- d. Selection of comfortable foundation garments.
- e. Sewing machine clinic.
- f. Making of skirts and blouses.

2. Nutrition

- a. Freezing (what and how)
- b. Canning (jams, jellies, pickles)
- c. Outdoor cookery.
- d. French bread
- e. Herbs and use of left overs.
- f. Preparing wild game.

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
STATE OF ARIZONA
P. O. BOX 388
PRESCOTT

UNIVERSITY OF ARIZONA
COLLEGE OF AGRICULTURE
U. S. DEPARTMENT OF AGRICULTURE
AND YAVAPAI COUNTY COOPERATING

AGRICULTURAL EXTENSION SERVICE
HOME DEMONSTRATION WORK
COUNTY AGENT WORK

October 10, 1955

REPORT OF HOMEMAKERS' PROGRAM PLANNING MEETING

The seventh annual Yavapai and Coconino Counties Home Demonstration Program Planning day was held at the Community Church, Chino Valley, Arizona, from 10 A. M. to 3 P. M. on October 5, 1955. Thirty-seven county representatives of homemakers clubs and L.D.S. groups and three Extension staff were present.

Miss Jean Stewart, State Home Demonstration Leader, using recordings especially made for the purpose, lead the ladies in group singing.

The Program Planning meeting was called to order at 10:15 A. M. by Lucinda E. Hughes, Home Demonstration Agent for both counties.

Mrs. Vernon (Virginia) Statler, president of the Chino Valley Homemakers' Club gave a brief welcome on behalf of her club. Mr. Alvin Allen, Yavapai County Agricultural Agent discussed with the women their participation in the Agricultural Extension Program. Mr. Allen pointed out to the women that they must be willing and able to change with the time, not keep using the "old scrub board." He pointed out to the women that it is the job of the Agricultural and Home Demonstration Agents to relay the latest information and research on both farming and home economics to the farm family, and that it is the job of the farmer and homemaker to put these recommendations into practice wherever possible.

Dr. Richard A. Parry, Yavapai County School psychologist gave a most interesting and instructive talk on Mental Health. Some of the points which he brought out were:

1. In order to be mentally healthy we must love more than we hate. "Gossip and backbiting" are signs of mental disruption. Discipline is a symbol of love.
2. Develop a code of behavior.
3. Get satisfaction from living. At least once a week do something different. (Get your husband to take you out to dinner!!)

4. Emotional security. Learn better ways of doing your job. Learn to work and play together as a family and as a community.
5. Emotional maturity.

I am sure that we are all glad to have Dr. Parry as a part of our Yavapai County community.

A delightful luncheon was served by the Chino Valley Community Church Fellowship ladies. The music by Mrs. W. R. (Natalie) Bowers and Mrs. S. W. (Felice) Swain was "swell." (Doesn't seem as if the Chino Valley Homemakers need any records does it?)

Discussion groups met from 11 A. M. to 11:30 A. M. and again from 1:30 to 2:30 P. M.

Discussion chairmen were:

Clothing	- Mrs. Glynn (Avis) Despain
Nutrition	- Mrs. Marie Smith
Home Management	- Mrs. Sam (Kay) Benedict
Health	- Mrs. Austin (Annie) Nunn

Aims or goals recommended by the discussion groups were:

1. To promote physical and mental health in the home.
2. To make meal time more nutritious, enjoyable and attractive.
3. To pool family time and energy
4. To acquire more knowledge of modern equipment and materials.
5. To learn more creative activities.
6. To learn ways of doing our job better as homemakers.

Recommendations of the various groups for project work and study in 1956 were:

1. Clothing
 - a. Keeping up with the care and characteristics of the new, man made, fibers and materials.
 - b. Organizing our sewing centers.
 - c. Care in selection of childrens shoes for health and comfort.

- d. Selection of comfortable foundation garments.
 - e. Sewing machine clinic.
 - f. Making of skirts and blouses.
2. Nutrition
- a. Freezing (what and how).
 - b. Canning (jams, jellies, pickles).
 - c. Outdoor cookery.
 - d. French Bread.
 - e. Herbs and use of left overs.
 - f. Preparing wild game.
3. Home Management
- a. Furniture and major appliance buying.
 - b. Management of family time.
 - c. Leather and/or copper work.
 - d. Making lamp shades.
 - e. Making picture frames.
4. Health
- a. Mental Health.
 - b. First Aid in the Home (Home Nursing Yavapai County).
 - c. Teenage Recreation.
 - d. Home Defense.

All clubs voted that in their opinion the recordings would be most useful in teaching the songs "Arizona Sing."

My thanks to each and every homemaker who gave her time and effort to assisting in the planning of the 1956 program. I hope that the proposed plan of work will be acceptable to all clubs.

Sincerely yours,

Lucinda E. Hughes
Lucinda E. Hughes

HOME DEMONSTRATION AGENT

LEH:P

Proposed plan of action to answer this year's (1956) problems. (This is tentative and will have to be okayed by the State office).

Special Notes:

1. Any club having members interested in crafts should get together with me and we will arrange for special interest group meetings.
2. The Sedona club was especially interested in making lamp shades. If they will plan with me I will make special arrangements for such a class.

JANUARY	-	Program Planning, Clothing and Health Club Program Planning Care and selection of children's shoes for health and comfort	Agent
FEBRUARY	-	Organizing our sewing center (Special interest group meetings later on construction of simple center)	Agent Leader
MARCH	-	Health Mental Health Lectures	Dr. Parry
APRIL	-	Home Management Buymanship of furniture and major appliances Leader Training Meetings	Leader Specialist and Agent
MAY	-	Home Management Management of family time	Agent
JUNE	-	Nutrition Food Preservation Freezing - what and how Use of Left overs (Herbs)	Agent
JULY	-	Nutrition Canning - Jams, Jellies, Pickles	Agent

AUGUST	-	Own meeting Crafts Health Teenage recreation Civil Defense (lecture by Civil Defense authority in your area).	
SEPTEMBER	-	Nutrition Outdoor Cookery Leader Training Meetings	Leaders Agent and Specialist
OCTOBER	-	Clothing Keeping up with the care and characteristics of the new, man made, fibers and materials	Agent
NOVEMBER	-	Special crafts demonstrations (The agent would suggest that each club have short demon- strations from club members or others in the community on crafts). These might also serve as Christmas suggestions.	
DECEMBER	-	PARTY	

III. ORGANIZATION AND PLANNING (continued)

3. Home Management
 - a. Furniture and major appliance buying.
 - b. Management of family time.
 - c. Leather and/or copper work
 - d. Making lamp shades.
 - e. Making picture frames.
4. Health
 - a. Mental Health
 - b. First Aid in the Home
 - c. Teenage Recreation
 - d. Home Defense

The mimeographed report of the Program Planning Meeting which was sent out to each homemaker attending the meeting served to remind the homemakers of the meeting highlights. All topics discussed were reiterated and a tentative program was announced. In the main all clubs seemed to be well satisfied with the results of their efforts.

C. Leaders Programs - 1955

This year 4 subjects were carried by Extension trained local Leaders, they were:

1. Wood finishing
 - a. Preparing wood for finish
 - 1) removing old finish (old wood)
 - 2) sanding - old and New
 - 3) filling - old and new
 - 4) sealing - old and new
 - b. Application of finishes
 - 1) standard
 - 2) modern
2. Cultivation of Herbs

The Agricultural Extension Horticulturist, Mr. Harvey Tate, with the assistance of the Agent conducted Leader Training Meetings in all areas of the County. These Leader Training Meetings covered:

- a. Preparation of seedbed.
- b. Care of seedbeds during and after sprouting of seeds.
- c. Transplanting of plants.
- d. Planning, planting and care of family herb garden.

III. ORGANIZATION AND PLANNING (Continued)

3. Pattern alteration (two months)

The women requested that they have a course in "Making a Basic Pattern".

However, Miss Helen Church, Clothing Specialist felt, and rightly so the Agent believes, that it is more important for the women to know how to alter patterns than to have to always use one basic pattern. Today's styles vary so greatly from year to year that a basic pattern for the average home seamstress would be useless. Consequently, leaders were taught to take a standard-set in sleeve, straight or gored skirt-pattern and alter it to fit their own individual measurements. Procedure for the Leader Training Meetings was:

- a. Each woman altered a standard pattern of the correct size to fit herself.
 - b. Each woman checked her pattern alterations. She made a cotton dress by the altered pattern.
 - c. Each woman learned various finishing techniques.
 - 1) New method machine hemming
 - 2) Setting in a zipper
 - 3) Setting in a sleeve
 - 4) Making and covering a belt and buckle
4. Specialty breads

Leader training Meetings included:

- a. Making of yeast roll dough
- b. Making of no-knead dough
- c. Making of batter dough
- d. Making, shaping, baking and sampling of:
 - Fancy rolls
 - Herb bread
 - Cinnamon bread
 - Pizza
 - Bake and brown rolls
 - 1) Making them
 - 2) Serving them dressed up
 - Coffee or breakfast bread (batter)

Clubs carried three and/or four months of their own programs in addition to their leader meetings. The projects which were covered in these "purely local meetings" were in many cases recommended on a county-wide basis but no Agent assistance was given unless specially requested. All arrangements were left to the president and committees.

III. ORGANIZATION AND PLANNING (Continued)

The agent feels that all clubs should have an opportunity to select their own projects a certain percentage of the time. Some of the reasons for this are:

1. It develops responsibility and a sense of achievement on the part of the club president.
2. It lets club members and communities realize that they can function without the Agent's presence or assistance.
3. Gives an opportunity for clubs to indulge in purely local problems or projects.
4. Makes everyone feel that the club is their's - not the Agents'

Some of the local problems and projects worked on this year by clubs were:

1. Mental Health
 - a. Setting up clinic (Sedona)
 - b. Assistance of health leaders in procuring the services of a public health psychologist for Yavapai County. However, he can be used with discrimination in the Sedona Area.
2. Simple home nursing techniques.
3. Special interest workshop in making of breads
4. Fair booths and exhibits
5. Christmas suggestions.
 - a. Making of cards
 - b. Making of toys
 - c. Other gift suggestions.
6. Sponsorship of 4-H club work
7. Christmas party.
8. Recreation
 - a. Community
 - b. Bi-county

III. ORGANIZATION AND PLANNING (continued)

D. Agent's Program

The agent met with the clubs five months this year. Projects covered were:

1. Health

a. Simple home nursing techniques. The County Public Health nurse gave the lecture and demonstration but the Agent attended the meetings and assisted her.

b. Mental health Club chairman of Sedona worked with other chairmen of other civic clubs of Yavapai County to promote and develop a mental health program throughout Yavapai County. Some of the achievements of the mental health group were:

- 1) Developed a roller skating rink for teenagers.
- 2) Held two mental health clinics.
- 3) Procured Public Health Psychologist for the Yavapai County Schools.
- 4) Plans are in the process for a money raising, continuously operating, homemakers bazaar. The Sedona area will directly benefit from such a bazaar.

2. Home Management

a. Upholstery - The Agent conducted two/or three day workshops on this project. Women completely stripped small occasional chairs and re-upholstered them. This project tied in with the wood finishing project.

3. Nutrition

- a. Cultivation of herbs
- b. Use of herbs
- c. Nutritive value of One -dish Meals with emphasis on vitamins A & C. Selected herbs were used in all one-dish meals.
- d. Assistance with food preservation
- e. Writing of cake bulletin for High Altitudes.
- f. Assisted with the writing of a yeast bread and roll bulletin. (At the printers' now)

4. Clothing and Textiles

- a. Remodeling coats, suits and dresses.
 - 1) Pattern selection
 - 2) Mending techniques
 - 3) Specialty clothing from old felt.
- b. Assistance with sewing machine adjustments and repairs.

III. ORGANIZATION AND PLANNING (Continued)

The agent feels that it is essential for her to meet with individual clubs as often as possible. The women feel slighted if a number of months go by and the Agent does not attend their meeting.

At the present time, the Agent is actively working with and/or cooperating with two homemakers clubs, 1 L.D.S. (Latter Day Saints) the Coconino County Farm Bureau, the Coconino County Fair Committee and other civic groups in the County. By cooperating with all these groups, composed primarily of rural people, the Agent is reaching a large majority of the ranch and farm people of the County.

D. Coconino County Fair

By cooperating closely with the Coconino County Fair Commission, the Agent has been able to increase the educational features at the County Fair. This year (1955) saw a tremendous improvement in the Coconino County Fair. The primary reason for this improvement was the Fairgrounds themselves. Coconino County has progressed from an exhibit (Home Economics, Agriculture, and Floriculture) in the Armory to a complete County Fair with exhibits of Home Economics, Agriculture, Livestock, Floriculture and commercial in a permanent Fair site. This year the County acquired the old Fort Tuthill area intact with buildings. Individual buildings were converted into designated exhibit space, plenty of room for all. Adequate parking space was available also. The majority of the improvements put in were of a permanent nature. However, improvements and expansion will be done each year as the needs arise. Considering the space, buildings and location of the Fairgrounds, Coconino County has the potentialities of an outstanding County Fair.

The 4-H Department has a separate room for their exhibits in the main exhibit building. Special 4-H exhibits in addition to project exhibits were encouraged. The Sedona 4-H Club availed themselves of this opportunity. The East Flagstaff 4-H Club insisted upon space in another building for their special exhibit. These leaders did not seem to realize the importance of concerted effort in one exhibit space. This was probably the result of past Coconino County Fairs where separate exhibit space for each group was necessary. It is hoped that in the future all 4-H exhibit space for each group will be housed in the same area.

F. Community Service

The various clubs in the county (Homemaker clubs, Farm Bureau, Kiwanis, and other civic groups) have all responded to the youth needs of the County. Whenever there is an opportunity, they have actively sponsored the 4-H club program in the County and in their own communities. Their sponsorship has taken the form of:

III. ORGANIZATION AND PLANNING (Continued)

1. Supplying and finding leaders
2. Assisting the club leader by letting her know that the entire group is back of her.
3. Supplying funds for community, county and state events.

G. Arizona State College

Arizona State College here in Flagstaff is especially cooperative with all Agricultural Extension Service programs.

Two talks were given to Home Economics students at the College here in Flagstaff this year. One was titled, "The Position of Home Demonstration Agent". The Agent endeavored to give Home Economics students a clear picture of the job of Home Demonstration Agent. Some of the points brought out were:

1. Organization of the Agricultural Extension Service
2. Educational requisites for a Home Demonstration Agent
3. Duties of a Home Demonstration Agent
4. Possible pay of a Home Demonstration Agent
5. Questions from girls regarding Home Demonstration Work.

The Agent also participated in an advanced Home Economics student round-table discussion at the College this year. Dr. Byrd Burton acted as moderator. A Dietitian, High School Home Economics teacher, Housewife, and Home Demonstration Agent participated. Dr. Byrd Burton endeavors to give her students an real insight into the possibilities of the Home Economic field. All speakers were, of course, Home Economic graduates working in specialized fields.

IV. CLOTHING AND TEXTILES

The aims of the Clothing and Textiles program for 1955 were:

1. To increase the women's ability to keep herself and her family "well" and "stylishly" dressed at minimum cost.
2. To increase the women's ability to alter patterns.
3. To teach actual use of altered patterns.
4. To decrease clothing costs by teaching the re-use of old, outdated garments.
5. To teach good construction, alteration, and finishing techniques.

In the past few years we have covered a number of clothing construction and buyman ship projects, some of which are:

1. Making of tailored suits and coats.
2. Making of "Better Dresses".
3. Buymanship of manmade fabrics, (characteristics and care).
- 4.. Mending.
5. Sewing machine clinics and many other specialized projects.

However, our "students" not only have many interests and obligations but they are more or less continuously shifting. This continuous shift in "student body" makes it desirable to offer more or less the same techniques under different guises. Naturally, a certain percentage of the women recognize the arts as ones which we have taught before, but in the majority of cases they do not object. An example of a method which has been taught every year since the Agent has been in the County is "An easy way to put in a zipper". This technique was taught in making:

1. A house dress
2. A suit skirt
3. A better dress
4. A dress made from an altered pattern.

IV. CLOTHING & TEXTILES (continued)

There are always a few women who do not know how to set in a zipper. The clothing specialist always endeavors to have one or more entirely new sewing arts for each project. This year's (1955) most startling (to the women) technique was "How to blind stitch a cotton dress hem without the use of a special attachment on the sewing machine". The women were intrigued by this process especially those with small and teenage girls.

A. Pattern Alteration

Three Leader Training Meetings were held this year in clothing. Both adult and 4-H Leaders were encouraged to attend. These meetings were conducted by the Agent and the Agricultural Extension Service Clothing Specialist. These leader training meetings were aimed at:

1. Having each woman alter a standard pattern of proper size to her particular measurements.
2. Having each woman make a dress by the altered pattern.
3. Teaching good construction, fitting and finishing techniques.

The procedure was:

1. Each woman brought to the meeting one of two designated patterns in her size.
2. Each woman brought to the meeting her measurement card filled in as accurately as possible.
3. The Clothing Specialist and the Agent checked measurements.
4. The Clothing Specialist showed how to measure and compare individual measurements with the pattern measurements.
5. Individual measurement deviations from the pattern were noted.
6. The Clothing Specialist then demonstrated the correct procedure for making pattern alterations. The women made such alterations as were necessary in their own individual patterns.
7. The women were asked to come to the second meeting with their patterns completely altered and pinned together with tape on the seams, bust, waist and hips. (The altered, pinned and taped paper pattern eliminates the necessity for making a garment in the muslin in many cases.)
8. Taped paper patterns were fitted to each individual. The specialist explained to the women that such a manner of fitting a pattern could be used without the use of measurements and the measurement card. Pattern fitting is especially adaptable to 4-H Club girls.

IV. CLOTHING & TEXTILES (Continued)

9. Patterns were then carefully unpinned, pressed, and permanently corrected.

10. Each woman cut and made a dress from her altered pattern.

11. Dresses were fitted. Any alterations still to be made were made in both the garment and the paper pattern.

12. Finishing techniques were taught. Some of these were:

- a. Blind hemming by machine without an attachment.
- b. How to put in a zipper.
- c. How to hand-work buttonholes.
- d. How to set in a sleeve.
- e. How to cover a belt and buckle.

The leaders that participated in these Leader Training Meetings (12) were most appreciative of the information received. Each leader conducted some phase of the meeting at her regular club meeting in June. The Sedona Club had a number of special interest home visits. Two or three women at a time took their sewing problem to one of the trained leaders and received individual assistance.

Some of the most common figure-pattern differences found were:

1. Small chest
2. Short shoulder (failure in many cases of women to use shoulder pads.
3. Large arm (sleeves uncomfortable)
4. Large waist
5. Short or long waist length
6. Large hips

Of course, in any clothing construction meeting there are always a few women that cannot sew and have poor sewing machines. These always seem to be the women that have the most difficult figures to fit. One woman in particular comes to the Agent's mind in this connection. She is probably about 5' 4" tall, weighs 185-195 pounds, wears little or no foundation garment and to top it all off, this was the first dress that she'd ever made for herself. Such situations call for a great deal of tact and diplomacy. We finally got her to buy a bra and wear a "sort of" foundation garment. This lady is probably one of the greatest boosters that Extension has, at least in her community. She has been in the County Office a number of times since she finished her dress to express her appreciation to the Agent and the Clothing Specialist for their personal efforts in her behalf.

VI. CLOTHING & TEXTILES (Continued)

B. Remodeling Coats, Suits, Dresses, etc.

This fall (1955) the Agent conducted Method Demonstrations at Club Meetings on remodeling. Material for these meetings was planned and prepared by the Clothing Specialist and the Agent. (Copy Attached).

The objects of this project were:

1. To decrease clothing costs by using old, outdated garments.
2. To teach principles of alteration and finishing techniques.

Suggestions for making something new from something old were demonstrated.

This was followed by a discussion type workshop where women brought up their own individual problems and the group as a whole recommended the necessary remodeling solutions. Some of the problems presented by the Agent were:

1. Changing neckline and underarm of women's dresses either not liked or too worn for further use.
2. Making children's sweaters from worn adult sweaters.
3. Remaking men's shirts into child's garment.
4. Remaking man's suit into woman's skirt or child's garment.
5. Remaking long coat into short or three-quarter length coat.
6. Repairing under seam of sleeve. (Gusset)
7. Re-using old felt hats.
8. General re-using of old materials to make things such as bed-socks, mittens, decorations, belts, etc.

One of the most interesting problems presented by the women was a beautiful suit which was no longer in style. The skirt was too short and the jacket had a longtailed, pleated peplum. By ripping the skirt entirely to pieces and ripping the peplum off the jacket, this homemaker was able to salvage enough material to put a yolk on the skirt and a fitted peplum on the bottom of the jacket. Everyone was anxious to see this outfit after the homemaker completed her alterations.

Homemakers were enthusiastic about the making of bedroom slippers from old felt hats. Some of the tricks of applique were eye openers to the ladies. The many uses for "Gutta-Percha" astonished them.

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
STATE OF ARIZONA
P. O. BOX 388
PRESCOTT.

UNIVERSITY OF ARIZONA
COLLEGE OF AGRICULTURE
U. S. DEPARTMENT OF AGRICULTURE
AND YAVAPAI COUNTY COOPERATING

AGRICULTURAL EXTENSION SERVICE
HOME DEMONSTRATION WORK
COUNTY AGENT WORK

SO YOU WANT TO REMODEL!!!!

Lucinda E. Hughes
HOME DEMONSTRATION AGENT

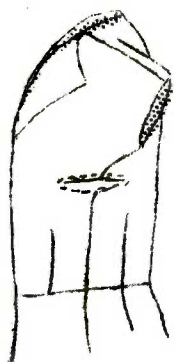
As you look at the garments in your closet, note the one that you keep hanging back. What's wrong with it? Why do you prefer something else? If the garment can be used, utilize it or pass it on to someone who can and will use it. Perhaps the chart below will help you decide what to do with the garment.

<u>If it is a</u>	<u>Make</u>
Woman's skirt	Child's jumper or jacket
Flannel Bathrobe	Child's short coat, skirt or jumper
Woman's "Better" dress	Blouse for self or combine with other fabric for one or two piece dress for self, jumper, weskit, skirt
Old felt hats	Bedroom slippers, belts, purses
Coats	Shorties for self or others, weskits
Men's Suits	Children's suits, jumper dresses, separate jackets, skirts
Men's Shirts	Child's sun suit or dress, boy's shirt, child's feeding apron, adult apron
Sweater	Child's sweater or bolero, knit bed socks, mittens

TRICKS THAT MAY HELP YOU

- If the neckline is worn
- remake to a low or stand-away neckline
 - cut away neckline, make new low one, button it onto a dickie
 - a scarf will fill in a low cut neckline
- If the dress skirt is too tight to look well
- make an overskirt of contrasting color or texture
 - make a separate peplum of needed length
- If the skirt is too short
- piece down in strips and cover piecing seams with bands of ribbon or contrasting fabric
- If the upper sleeves are worn or out of style
- take out sleeves and make a jumper, bolero, weskit or concealing cape
- If the unmounted sleeve is torn under the arm
- Set in a gusset

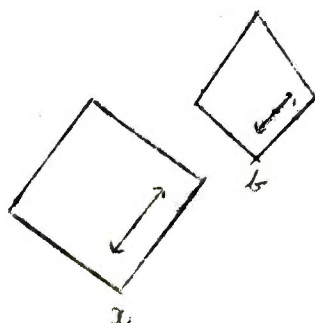
Directions for gusset



If the tear occurs under the arm on the bodice a gusset should be inserted. If the front tear is no longer than $3\frac{1}{2}$ inches a slash of equal length should be made in the back. If the front is more than $3\frac{1}{2}$ inches and the back less do not cut the back slash over $3\frac{1}{2}$ inches.

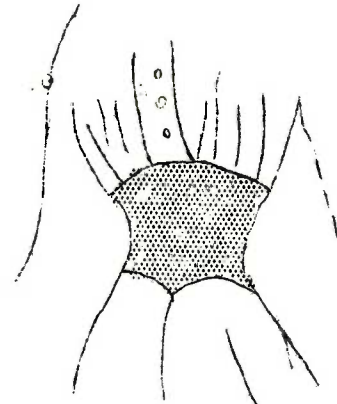
Machine stitch around slashes. (One-half inch seam allowance at under arm seam to point of slash then back to seam).

Cut a square of material on the grain line 1 inch larger than the slash - (a) or as in figure (b) make two meeting sides of the inset longer than the other two being sure that each side is $1\frac{1}{2}$ inch longer than the corresponding slash.



Using $1\frac{1}{2}$ inch seam allowance at the under arm seam set in gusset both front and back. Top stitch for added strength if desired.

WAISTLINES CAN BE EMPIRE. The waistline can possibly be made into a waist with empire lines using contrasting fabric at the midriff. Often an old dress has a shabby belt that can be rejuvenated by adding to it or changing the belt. Scraps of felt will make very pretty belt that could be used on wool. Grosgrain ribbon will also make a fresh looking belt.



There are two types of remodeling: (1) changing or remaking the garment completely and (2) changing only parts of the garment. The first one has limited possibilities in that the amount of fabric in the garment limits your choice of design. Often combination of two old garments will make one garment. In purchasing new fabric, be careful in the selection. Take a piece of the old fabric with you to make your purchase. Note whether or not the new fabric makes the old one appear faded and shabby.

Often slight changes may make the garment wearable and up to date, such as:

1. Changing hem line - also skirt flare
2. Sleeve length and width
3. Necklines often shabby from wear
4. Waistline, belt
5. Refitting waist, hip, sleeves, shoulders, removing or replacing shoulder pads
6. Removing of trimming - buttons and other trim that may date the garment
7. Handmade accessory to replace cheap accessories
8. Don't make over clothes because you have them. Maybe you will need them later

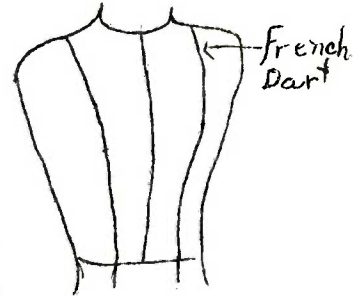
If you are remaking -

1. Rip apart the garment. Clean. Many fabrics, even wool, can be carefully laundered in soap and water and will appear clean and fresher than dry cleaning. Test samples first.
2. If material has faded, it may require dying
3. Purchase your pattern keeping in mind the number of pieces in the original design
4. Patterns using many pieces will cut to better advantage when you are remaking

Piecing should be planned. Suggestions for piecing are:

1. Underarm - under collar - inside pleats - under pockets

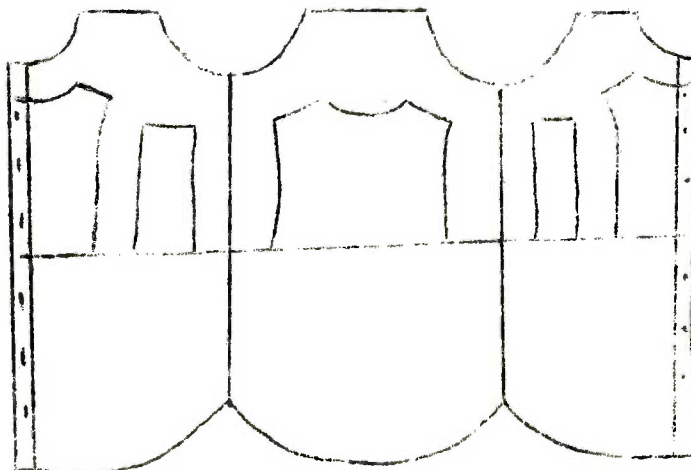
2. Make piecings become a part of your design, such as can be done in yokes and pocket lines
3. Follow the French Dart Line in designing and you will have a line which usually divides the silhouette into good proportions. (see figure, right) This line starts at center of shoulder, runs to tip of bust, then perpendicular to floor. This line makes the division of skirt into gores correct width; it shows place for darts in skirt or in waist. In the back, this line runs to tip of shoulder blade to floor. Likewise, it makes dimension of skirt panels correct as well as skirt and blouse darts.
4. Match the grain of the fabric or the weave when piecing



MAKING OVER SHIRTS

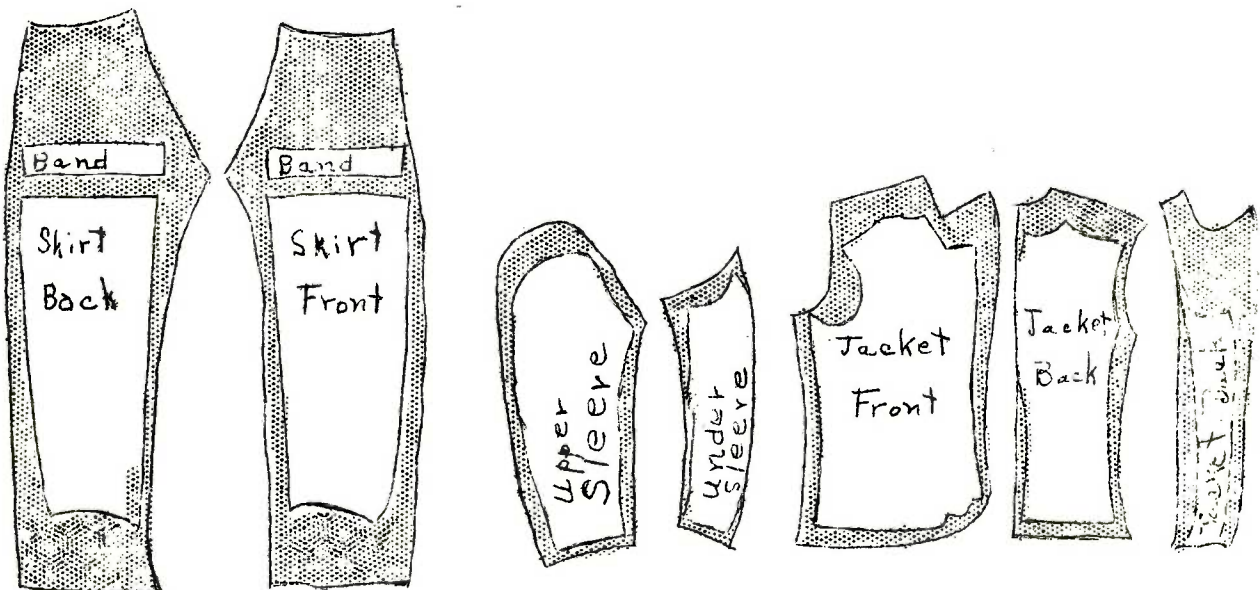
Many men's dress shirts can be used after collars and cuffs are too worn and frayed for further use to the man. The weakest portion of the shirt will be across the shoulder at the top. Therefore, as you lay a child's shirt pattern or dress pattern, be sure that you lay it so the upper portion of the pattern falls upon the tail of the shirt.

Clever feeding aprons for children can be made. Also, sun suits for either boys or girls. Note illustrations below for placing of pattern.



You may possess men's suits that are not badly worn and can be used in adult or children's clothing. Usually fabric in men's clothing is harsh and adaptable to severe tailoring. Anything you can do to soften the design through construction lines will usually make the fabric more wearable. If you're an inexperienced seamstress, you may have better results if you choose a cardigan type pattern. Rip the entire suit apart - then take a good look at size and shape of pieces. The following will help you to select a good pattern:

1. Not all jackets can be cut into women's jackets. The man's coat should be large for you.
2. Pattern should have at least a 2-piece back, 2-piece sleeve, and a plain notched collar or collarless.
3. It should have shoulder and waistline darts in jacket
4. Skirt should be 4-gore; 6-gore if you have 2 pairs of trousers.
5. Patch or set-in pockets. Sometimes design lines can take care of pocket slits.
6. Buttonholes can be covered by buttons on opposite side. (See layouts in special booklet)



IV. CLOTHING AND TEXTILES (Continued)

In the opinion of this Agent homemakers of every age will make some use of this demonstration. The mothers with small children and the grandmothers were most interested in the children's made-over suggestions but women of all ages seemed to each have a special dress, suit, or coat that they wanted to "slightly" re-style for themselves. The Clothing Specialist will be interested to know that one of the women of the Red Rock district plans to re-make the long coat that she made in the tailoring class. This particular homemaker told the Agent she's never had a coat which she liked so much but that the nap was worn along the front and cuffs. She plans to rip the entire coat to pieces and turn it. This speaks well for extension service teaching of:

1. Pattern selection.
2. Garment construction and fitting.

It also indicates to the Agent that women through Extension teaching are developing a sense of security when it comes to their clothing construction problems.

A more or less indirect effect of our county-wide work in clothing is that women cannot help but become improved purchasing agents. A homemaker who has learned how to fit her garment or that a garment can be made to fit her is much more apt to shop wisely. Some women with small chests and shoulders and big hips just automatically assume that "nothing ever fits" and so they buy "it" anyway. Through knowing principles of construction and fitting, these women are able to realize what can be made to fit them and what cannot. They know whether the dress, suit, or coat is a good buy and do not buy it if its not.

Women also learn about fabric whether for ready-made garments or home-constructed ones. They learn the characteristics, advantages and disadvantages of both natural and man-made fibers. Fabric has the same characteristics whether the garment is home or commercially constructed. Any woman to be a wise purchasing agent needs to know these facts. The agent and clothing specialist feel that our clothing project work in Coconino County throughout the past few years has given this information to the homemakers. Naturally, this question of fibers is one which has to be kept up to date. Next year (1956) we will again conduct specific Method Demonstrations on "Characteristics and Care of Man-Made Fiber."

C. . Sewing Machines

One of the big problems the last few years has been the number of sewing machines on the market. The homemaker is continuously confused regarding machines for one of many specialty features such as:

IV. CLOTHING AND TEXTILES (Continued)

1. Patching arm (levis)
2. Automatic zigzag
3. Has a pretty cabinet, etc.
4. The price meets her pocket-book

Our problem as representatives of the Agricultural Extension Service is not to tell them what machine to buy but to guide them to a wise selection. Some of the questions this Agent tries to bring out are:

1. Can you get repairs for it?
2. Is it repairable? Many aren't
3. Is the automatic zigzag worth the extra money?
(Sometimes as much as \$150.00)
4. Is the cheap machine really a good buy, Considering Repairs?

The Agent frequently encounters a more or less non-repairable new sewing machine when she makes home visits. This year we had no sewing machine clinics in the County but the Agent assisted 10 homemakers with sewing machine repair.

A story of an outgrowth of our sewing machine clinics in past years greatly amused the Agent. One homemaker who participated in a sewing machine clinic last year was visiting her brother up in Reno. There was some garment that she wanted to alter for her sister-in-law. She asked where the sewing machine was. Her sister-in-law informed her that the only one that they had was a non-operation Wheeler & Wilson that was about 100 years old. The brother had gotten it from one of the antique shops as junk. The homemaker proceeded to work the sewing machine over and before she left Reno had actually constructed a number of garments using the antique sewing machine.

D. Clothing and Textiles - Miscellaneous

The Specialist will be glad to know that several of the women who participated in our tailoring and "better-dress" making classes are now supplementing their family income by sewing for others. The Agent continuously receives requests from them for additional information.

Information on various clothing problems frequently come to the Agent. These problems are answered by direct personal contact, letters and telephone calls.

V. HOUSE FURNISHINGS AND SURROUNDINGS

A. Home Management

The aims of the home furnishings and home management projects for 1955 were:

1. To improve the general interior and exterior appearance of the home.
2. To increase the pride and pleasure of the entire family in the home.
3. To increase our efficiency for more happiness in the home.

In order to work towards these goals in 1955 we taught:

1. Wood finishing and re-finishing
2. Furniture upholstery.

In past years we have studied:

1. Floor coverings
2. Storage for kitchen and dining areas
3. Color and its application in the home.
4. Problem windows
5. Drapery making and a host of others specific topics all tending to increase the pride and pleasure derived from the home.

One of the most talked about problems in Coconino County as in all other counties in the United States is "The Teenage Problem". Although the Agent realizes that it is not necessarily true that a nice, happy home contributes to lack of teenage delinquency, the Agent believes that a good home and surroundings are worthwhile for both the teenager and the adult. Then too, the home management projects worked on this year lend themselves well to family projects. If one member of the family becomes interested in refinishing an old table the chances are that the entire family will become involved before the job is complete. The Agent knows personally of a number of instances we had this very thing happen. Busy, happy at home children do not usually become involved in undesirable activities.

V. HOUSE FURNISHINGS AND SURROUNDINGS

B. Wood Finishes

One Leader Training Meeting was held in Coconino County. The aims of this project were to teach homemakers to:

1. Refinish old rare pieces of furniture
2. To finish and re-finish woods of all kinds

An outline of the Leader Training Meetings was:

1. Finish removal
2. Sanding techniques
3. Application of stain
4. Application of sealer
5. Application of Finish
6. Care of furniture

Finishes taught were:

Oil and wax finishes; varnish and shellace finishes; modern finishes.

Paint and enamel finishes were discussed.

The Leaders were very enthusiastic about this project. Almost every woman has some piece of furniture in her home that needs refinishing. Then too, homemakers in many cases want to put a modern finish on some piece of furniture to make it agree in appearance with the modern pieces in the same room.

It is difficult for the Agent to estimate the importance of the information given. However, probably the most used information will be the care of furniture, that is, how to maintain a good finish once it is obtained. The new product "Blem" has really proven very successful in several instances that the Agent knows of just since the Leader Training Meetings. One lady had a deep white mar on the top of her piano caused by a paper plate of hot beans being set on it. By diligent rubbing and many applications of "Blem", the scar was erased. The cost of an expensive refinish job was saved. The Agent feels that if homemakers can be assisted in the proper care of what they have that strides have been taken towards increased happiness in the home.

V. HOUSE FURNISHINGS AND SURROUNDINGS (Continued)

Furniture re-finishing in itself lends itself to a family project with all but the youngest members of the family since the family may work on various phases of re-finishing wood. This gives a feeling of pride in the home to the entire family.

Two method demonstrations on wood finishing were given by leaders and a number of workshops were conducted by these same women. Women were continuously amazed at the beauty of some of the woods on old dressers and chairs. The agent remembers one Latter Day Saints member's rocking chair. The chair had been in her garage for many years and had originally belonged to her great grandfather. After removing the number of coats of paint (every color imaginable) she found that the wood of the chair itself was black walnut. Needless to say, she was delighted.

C. Upholstery

One 2-day upholstery workshop was held in the County this year. 5 chairs were completely repaired, re-padded, and re-upholstered.

The objectives of this workshop were:

1. To teach interior furniture repair
2. To teach spring tying and encasing
3. To teach furniture padding
4. To teach furniture re-covering
5. To have each woman participating complete her project in the time allotted.

The chairs which were re-upholstered also had some previous wood re-finishing problem. The limed-oak finish seemed to be one of the most popular finishes but several women seemed to have a little difficulty "picking the white paint up" with their first coat of sealer. The Agent felt sure that the cause of this was incomplete drying of the white paint. The first part of March this year was a poor time for re-finishing wood work. Drying conditions were poor. However, the Agent was able to recommend satisfactory treatment for all these "picked up" paint jobs.

Good materials (fabrics) were used in practically all cases. The women seemed to realize that the work involved did not justify inferior final coverings.

V. HOUSE FURNISHINGS AND SURROUNDINGS (Continued)

Those Leaders that attended the Upholstery Workshop demonstrated to their Club on upholstery techniques. They showed:

1. Attaching webbing
2. Controlling springs
 - a. tying
 - b. encasing
 - c. attaching
3. Covering and padding springs
4. Making and inserting cording
5. Final covering of furniture

An interesting side note on our upholstery class in Coconino County this year concerns a Mrs. Lottie Abbott. Mrs. Abbott is a good worker but she didn't seem to be participating in an adept manner in the upholstery classes. Everytime she'd go ahead without the Agent's O.K., she had to take it out and start over. However with it all, she was an exceptionally "good sport". She reported to her Club that some of the things she'd learned were:

1. "Never drive a tack until you are positive -3 times".
2. "A curved needle is a lethal weapon - Have plenty of bandaids."
3. "A double pointed needle is murder".

Apparently when Mrs. Abbott completed her portion of the demonstration, every woman wanted to demonstrate her skill with the afore-mentioned "murder weapons". The Agent regrets that she was not present for this particular Leader's demonstration. All of her information is secondhand.

Four-H Leaders as well as adult leaders participated in the Home Management project both Leader Training and Club programs.

D. Home Management - Miscellaneous

Many other Home Management problems require a part of the Agent's time. Some of these are: 1. Home storage areas; 2. Home water supplies; 3. Drapery making; 4. Use of soaps and synthetic detergents; 5. Buymanship of large and small household equipment, etc. These requests are taken care of through personal contact, bulletins, newspaper stories and telephone. As is true with all other Home Demonstration Agents, it is difficult to give a clear picture of the numerous requests for specific information. Suffice it to say that as much time is spent in this manner as is spent on the planned program.

VI. NUTRITION:

The nutritional status of ranchers and farmers in Coconino County is high. We have very few cases of disease directly traceable to poor nutrition. The nutrition work in Coconino County has been operating for a number of years on a long-range basis. Each year we have endeavored to do some nutrition review of previous year's work as well as to add some new nutrition information. To date the nutrition program has covered the:

1. Caloric value of food.
2. General nutritional value of food.
3. Protein value of food- (complete and incomplete)
4. Vitamin A & C value of food
5. Vitamin B complex value of food

The majority of the Coconino County Homemakers realize that nutrition is very complex; that by following the Basic 7 food chart in their daily meals they and their families can be well nourished. Except for a few isolated cases, the women calculate actual food intake at only infrequent intervals but they do check their menus with the Basic 7 food chart. About 50% of the Coconino County Homemakers keep the Basic 7 food chart in a convenient spot in their kitchens. In that way it is easily referred to. (The recommended practice is for the homemaker to tape the Basic 7 Food Chart to the inside of a cupboard door.)

The Agent has endeavored to instill in the minds of the homemakers, the importance of proper meal preparation. Great emphasis has been put on the fact that improperly prepared food may not be nutritious food. To have homemakers serve a balanced diet of good fresh foods properly prepared is one of the aims of this Agent. Second, is to have everyone in the family eat their requirement of these foods.

Homemakers throughout the County are more or less continuously aware of nutrition in regard to over and underweight problems. A number of the women who lost weight during our weight control studies of 1950 are still maintaining that decreased weight which they aimed for and achieved. Homemakers realize that they feel better, look better, and have a better outlook on life if their weight is approximately normal.

VI. NUTRITION (Continued)

A. Food Selection and Preparation

The aims of the 1955 County-wide nutrition program were to:

1. Improve nutrition by improving the appearance and flavor of food.
2. Encourage eating for health, beauty and enjoyment.
3. Increase the homemaker's knowledge of nutrition.
4. Increase planning and thus strive towards economy in family food budgets.

B. Herbs

This year (1955) the women wanted to do something "sort of" different for nutrition. They suggested that they would like to not only learn to use herbs but that they would like to learn to grow them also. Consequently, the Agent talked with the Agricultural Extension Horticulturist and arranged with him to conduct Leader Training Meetings on growing herbs.

The objects of this project on growth of herbs were:

1. To encourage the relaxing hobby of growing an herb garden.
2. To give the entire family a useful, interesting hobby.
3. To improve nutrition by improving the appearance and flavor of food.

Mr. Tate, Agricultural Extension Horticulturist, taught the Leaders how to:

1. Prepare seed beds.
2. Plant seeds
3. Transplant plants
4. Cultivate herbs
5. Harvest herbs.

He also discussed with them the placement of their herb gardens, and showed them samples of potted herbs such as: Sweet Basil, Rosemary, Parsley (2 varieties), Mint (Spearmint), Chives, Sages, Dill.

VI. NUTRITION (Continued)

Practically all other herbs and roots used for seasoning were discussed. Mr. Tate suggested that horseradish should grow well in Northern Arizona. He suggested that the women try some rootings of horseradish since it is such a universally used spice. Apparently a number of years ago people decided that horseradish did not grow satisfactorily in Coconino County. Consequently, none is available here at all. It is hoped by the Agent that a great deal of herb culture will result in the County as a result of these studies.

Herb culture could also lend itself to family unity. Undoubtedly with the ever increasing cost of living, the American public will be forced to use less "pure" meat and more combination "meat stretcher" type foods. Herbs lend themselves well to such a situation.

C. Use of Herbs, One Dish Meals and Vitamins

The objects of this project were to:

1. Improve nutrition
2. Improve the knowledge of nutrition
3. Encourage ease of meal preparation
4. To learn the use and taste of various herbs.

The procedure for these meetings was:

1. Each woman filled out a chart of the foods that she had eaten during the last 24 hours.
2. The vitamin A & C values of all foods eaten was calculated and recorded.
3. Homemakers noted:
 - a. Their total intake in 24 hours of each vitamin.
 - b. Where necessary, each homemaker analyzed how she could have & should have improved her diet.
 - c. All homemakers present agreed that they need an annual re-evaluation and summary of their diets from a nutritional point of view. In general we all tend to become more or less thoughtless in planning our menus. Menu planning is a three times-a-day - day-in-day-out job. Sometimes meals tend to become unbalanced unless continuous planning and conscientious thought accompany the planning and preparation.

VI. NUTRITION (Continued)

4. The Agent demonstrated:
 - a. Variety of fresh & dried herbs
 - b. Use of herbs in : vegetables, meats, drinks, salads, butters, vinegars, eggs.
 - c. Care and storage of herbs.

Many of the Coconino County Homemakers are growing some of their own herbs this spring and summer. Most homemakers are enthusiastic about the use of herbs.

The Agent feels that with the increased cost of foodstuffs that many low-cost cuts of meats and meat substitutes can be advantageously used through the judicious use of the proper herbs. The "Basic Herb Guide" provided each homemaker by the Agent had an enthusiastic reception. Copies of the bulletin written and distributed are attached. Copies of the herb chart are not attached because of their size.

D. Specialty Breads

The objects of the Leader Training Meeting on Specialty breads was to:

1. Make cooking fun
2. Increase interest in meals
3. Teach different methods of yeast dough and better bread making

To teach fancy roll and breadmaking

Procedure for the Leader Training Meeting was:

The Agent assured all nutrition Leaders that they were to spend a day in fun. That we would not spend much time on the nutritional value of fancy breads. In the opinion of the Agent, breadmaking should be "fun" not a "job" that has to be done. Consequently, we did not analyze the nutritional value of the breads made except in a more or less general manner.

Three kinds of dough or batter were prepared for the women. These were:

1. Standard roll dough
2. Standard ice box no knead roll dough
3. Batter method rolls

Products made from these doughs and one batter were: 1. Herb bread (loaf),

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
State of Arizona
P.O. Box 800

University of Arizona
College of Agriculture
U. S. Department of Agriculture
and Coconino County Cooperating

Flagstaff

Agricultural Extension Service
Home Demonstration Work
County Agent Work

HERBS

by

Lucinda E. Hughes, Home Demonstration Agent
Elsie H. Morris, Extension Nutritionist

"ENOUGH IS ENOUGH"

DEFINITION: Herbs are aromatic plants the leafy and soft parts of which possess pleasing odors and tastes.

Herbs give foods different, unusual and enhanced natural flavor. The use of herbs is not new; it dates back to ancient times. Up to a few generations ago herbs were used as freely in American as in European homes. They were a part of every home vegetable garden and their use was a part of every homemaker's knowledge. But, somehow-some place along the way herbs were forgotten. Home gardeners quit planting and cultivating herbs and the Homemaker lost her knowledge of their use.

Our aim is to re-introduce the homemaker to herbs-their cultivation and use.

CARE AND STORAGE

Growth:

Herbs are easily grown in a special spot or in the family vegetable garden. Herbs should develop slowly so do not over fertilize or over water them.

Harvesting:

Harvest just as the plants are coming into bloom. Dry in a well ventilated, cool, dark place. If leaves are dusty, or gritty, wash them in cold water & thoroughly drain before drying. Fresh leaves may be used at anytime.

Storing:

Fresh picked or dried herbs may be packaged and stored in the freezer. Small amounts of herbs and spices for daily use keep best stored in a cold place. The icebox is a mighty good place for this storage.

COOKING WITH HERBS

Herb butter

One of the easiest ways to use herbs is to make herb butter. Fresh or dried herbs may be added to butter, margarine, fresh pork drippings and rendered chicken fat. Cut herbs finely and blend with the fat of your choice. Use 1 well-packed tablespoon fresh green herbs or $\frac{1}{2}$ teaspoon of dried herbs per 4 tablespoons fat. A little lemon juice added to the dried herbs prior to their addition to the fat improves the flavor.

Herb butter, continued

Herb butters may be added to eggs, white sauces, gravies, vegetables, spreads for bread or meats.

Herb Vinegars and Salad Dressings

Herb vinegars are popular, easy to use and to make. Harvest your herbs, clean and rinse; pack loosely in fruit jars. Cover with hot, (not boiling) cider or wine vinegar. Let stand one month. Strain.

Most commonly used are:

Tarragon	Marjoram	Dill
Rosemary	Oregano	Garlic
Basil	Thyme	Chives

or a combination of 2 or more herbs.

Herb vinegars may be used in making french dressings, cooked salad dressings, mayonnaise and vinegar sauces.

Vegetables

Its possible for you to add new interest to many vegetables by using some of your home garden herbs.

Tomatoes- Try sprinkling a little sweet Basil in those canned tomatoes.

Sprinkle it in fresh tomato salad or tomato aspic. Rosemary, thyme, and oregano mixed together may be added to cooked tomato dishes.

Green Beans- For green beans try adding thyme, summer savory and finally chopped onion while cooking. Then add minced parsley just before serving.

Cucumbers- Grated horseradish in a sour cream dressing is delicious added to sliced fresh cucumbers.

Dried Beans & Peas.- Add oregano to beans & thyme to pea soup.

Fresh Herbs in Salads and Dressing.

Most fresh herbs (chives, parsley, tarragon, thyme, marjoram) add zest to fresh vegetable salad, mint, and lemon balm add flavor to fruit and fruit gelatine salads.

Meat

Herbs are especially desirable in the cooking of stews, soup, stocks, pot roasts, and dressings. The long slow cooking process required by these meats allows the flavors to really blend.

3 lbs chuck beef	1 clove garlic
4 Tablespoon (melted) beef suet	$\frac{1}{4}$ teaspoon oregano-dry
2 onions minced	$\frac{1}{4}$ teaspoon rosemary-dry
1 Cup vinegar	1 can tomato paste
1 tea-spoon salt	
Pepper to taste	

Brown beef at low temperature in rendered beef suet. Remove meat and saute onion and garlic until yellow or transparent. Pour off excess fat. Add tomato paste, vinegar and seasoning. Bring to a boil. Add browned meat, Simmer on low heat 2-2 $\frac{1}{2}$ hrs. or bake in covered casserole at 350° F. for 2-2 $\frac{1}{2}$ hrs. Add carrots, onions and potatoes over the top and steam until done, about 40 minutes.

COOKING WITH HERBS (Continued)

Stuffing or bread dressing.

Some of us are in the habit of always using prepared poultry seasonings. Your herb garden offers you an opportunity to add many new flavors to these stuffings. Fresh herbs give full flavor to dressings, meats, poultry and fish.

One of the newest things on the market is "stuffing Bread" Why not make your own. Use your favorite bread recipe, add the herbs that you like or try this:

$\frac{1}{4}$ teaspoon basil	$\frac{1}{4}$ teaspoon oregano
$\frac{1}{4}$ teaspoon thyme	$\frac{1}{2}$ teaspoon nutmeg
per each loaf of bread	

Eggs

Fresh or dried herbs may be added sparingly to practically all egg dishes. Oregano, basil and parsley are probably the most commonly used.

Creamed Egg Casserole

4 Tablespoons butter or substitute	$\frac{1}{4}$ teaspoon herbs (Marjoram, savory, thyme, basil, or a combination)
4 Tablespoons flour	
2 Cups milk	6 Hard-cooked eggs, quartered
1 teaspoon salt	1 Tablespoon chopped chives or parsley
1/16 teaspoon pepper	1 Tablespoon chopped pimento
	$\frac{1}{2}$ Cup bread crumbs

Directions:

1. Melt butter
2. Add flour and blend
3. Add milk gradually and cook until thickened, stirring constantly.
4. Add seasonings.
5. Place eggs in a greased baking dish.
6. Pour sauce over them
7. Sprinkle with chives or parsley, pimento and crumbs
8. Bake in moderate oven, 350° F., for 20 min. or until brown.

Yield: 4-6 servings.

Ideas for the use of mint.

1. Add crushed to the dry tea leaves before adding boiling water.
2. Garnish tea, fruit or chocolate drinks with sprigs of fresh mint
3. Add crushed mint leaves & green color to apple juice for drinking or jelly making.
4. Add crushed mint leaves to boiling water to make mint sauce.

"ENOUGH IS ENOUGH"

VI. NUTRITION (Continued)

2. Standard icebox no-knead roll dough, 3. Batter method rolls. 4. Cinnamon roll bread (loaf), 5. Brown and serve rolls
 - a. Clover leaf
 - b. Fan tans

These latter were baked (250°) until dry but not brown.

6. Brown and serve rolls dressed up.
 - a. Fan tans were stuffed with cheese and chives and browned.
 - b. Cloverleaves were made into caramel nut rolls.
7. Fancy rolls (Icebox no-knead)
 - a. Crescents
 - b. Bow-knots
 - c. Pizza

8. Breakfast upside-down loaf (Batter method)

Homemakers are universally interested in bread and fancy or specialty breadmaking. Nothing smells better or brings forth more family approval than fresh baked homemade bread and rolls. Husbands and children are no exception to this feeling.

Clubs were so enthused about the breadmaking meeting that they had all day special interest actual breadmaking field days. Each woman made bread and shaped fancy rolls. Reports indicate that rural homemakers are really making yeast breads and rolls.

E. Bread-Making Bulletin

The Agent worked with the nutrition specialist this year (1955) to get a suitable yeast bread and rolls bulletin ready for the printers. This bulletin is in the proof stage.

In the past two years the Agent has distributed upon request and at meetings about 500 yeast-bread and roll bulletins in mimeograph form.

F. High Altitude Cake Making

This year (1955) the Agent completed work on a high altitude cake-making bulletin. Credit for this bulletin goes to many sources all of which are duly acknowledged in the bulletin.

The need for this bulletin was critical. All of the higher elevations in Arizona have the same cake-making problems as we have in Coconino County. This bulletin does not include all of the cakes that the Agent would have liked to have included but testing time was very limited and the Agent did not think it advisable to include untested recipes. A copy of the bulletin is included.

Credit goes to the Information Specialist, Mr. Joe McClelland, for his excellent job of setting this bulletin up and having it printed. The cover is most appropriate in both color and design.

HIGH ALTITUDE Cakes



Distributed by
COUNTY AGRICULTURAL AGENT
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University of Arizona
College of Agriculture,
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Chas. U. Pickrell, Director

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HIGH ALTITUDE

Cakes

By Lucinda E. Hughes

Home Demonstration Agent

Success in baking has often been considered a measure of one's ability as a cook. A newcomer to Northern Arizona may discover to her dismay that her favorite recipe does not produce the fine cake to which she has been accustomed.

She may find that her cake rose too high and flowed over the top of the pan, or rose and then fell. Perhaps she noted a more porous and crumbly product than she had baked before.

Since failures often can be ex-

plained by differences in altitude, the purpose of this circular is to present selected and tested recipes for high altitudes.

Recipe Corrections

As the altitude increases, the air pressure becomes less, and changes in recipes must be made to compensate for the difference. In general, the following corrections made in your favorite recipes will produce a desirable cake.

Guide to Cake Recipe Adjustments for High Altitudes

1. With Conventional-Method Recipes

	2500 to 4000 ft.	4000 to 6000 ft.	Over 6000 ft.
Reduce baking powder			
For each teaspoon, use	$\frac{7}{8}$ teaspoon	$\frac{3}{4}$ teaspoon	$\frac{1}{2}$ teaspoon
Reduce sugar			
For each cup, use	(no change)	$\frac{7}{8}$ cup	$\frac{3}{4}$ cup
Increase liquid	(no change)	1 to 2*	2 to 4
For each cup add		tablespoons	tablespoons
Increase baking temperature to	(no change)	375° F.	375° F.

**Try the smaller amount; then if cake seems dry, add the larger amount the next time you make the cake.*

2. With New "Speedy" Method Recipes

	3000 to 4000 ft.	4000 to 5500 ft.	Over 5500 ft.
Reduce baking powder			
For each teaspoon, use	$\frac{3}{4}$ teaspoon	$\frac{3}{4}$ teaspoon	$\frac{3}{4}$ teaspoon
Reduce sugar			
For each cup, use	(no change)	$\frac{3}{4}$ cup	$\frac{2}{3}$ cup
For each cup and one-half, use	(no change)	1 $\frac{1}{4}$ cups	1 cup plus 3 tablespoons
Increase baking temperature to	(no change)	375° F.	375° F.

Ingredients

Use cake flour in all the cakes unless otherwise stated. Cake flour is manufactured particularly to produce light and tender cakes.

All-purpose flour will not yield as fine or light a product. If it must be used, 2 tablespoons of flour should be removed from each cup and 2 tablespoons of cornstarch added.

Double-acting baking powder has been used in developing these recipes, but other types may be used. One and one-half times as much single-action baking powder as a given amount of double-action baking powder should be used to produce the same amount of leavening action.

Eggs should be relatively fresh, and stored in the refrigerator or other cool place until almost ready

to use. They should be allowed to warm to room temperature before beating. Eggs handled in this manner produce a better sponge-type cake than is obtained from eggs which have been stored at warm room temperatures.

The emulsified types of shortening are to be preferred for quick-mix cakes or "speedy-method" cakes. Other shortening such as butter and margarine may be used in cakemaking, but the volume is apt to be less. Best results will be obtained by using $\frac{1}{2}$ emulsified shortening and $\frac{1}{2}$ butter or margarine. Never use liquid shortening unless the recipe so specifies.

Mixing Directions

At increased altitudes, recipes have been found to be more sensitive to slight changes. Therefore, it is important to follow carefully the directions given for each recipe. Be sure that measurements are exact. Note especially the adding or subtracting of amounts by tablespoons from cups of flour, sugar, or liquid. Always use measuring spoons or cups when definite amounts of ingredients are specified.

When measuring flour and baking powder, do not pack, but spoon lightly and level off. Always sift flour before measuring. Brown sugar and fat should be packed in cup or spoon to give accurate measurements. All ingredients should be at room temperature for best results.

Cakes are easier to remove from pans if waxed paper, cut to fit the bottom of pans, is used. The pan should be greased, then fitted with waxed paper and the paper greased. Do not grease the sides of the pan.

After the batter has been poured

into the pan it is well to cut through it several times with a knife to release the large pockets of air which may be trapped in it. Otherwise, the air pockets may cause large holes to appear in the cake.

When the cake is removed from the pan, lift off the waxed paper immediately.

A pan of definite size has been suggested for each recipe, although other sizes of pans may be used if the total area of each is the same.

Mixing Methods

Be sure to follow the directions for mixing. Ingredients vary with the different methods of mixing.

Baking Times and Temperatures

Baking times for recipes may vary, depending upon the accuracy of the oven. Remove the cake when it appears to be done whether or not the exact time specified in the recipe has expired.

To test for doneness, press the surface of the cake lightly. If it springs back, the cake may be removed from the oven. Another indication that a cake is done is that it pulls away from the sides of the pan.

Remove the cake from the pan after it has cooled several minutes and immediately pull off the waxed paper. Let it cool on a rack before frosting or storing it.

Recipes

The following recipes have been tested under high-altitude conditions in Arizona.

ANGEL FOOD CAKE

(Conventional)

5,000 to 7,000 feet

Sift together three times

1 cup sifted cake flour

$\frac{1}{2}$ cup sugar

Beat until foamy

$1\frac{1}{2}$ cups egg whites (10 to 12 large eggs)

Add to foamy egg whites

$1\frac{1}{2}$ teaspoons cream of tartar

$\frac{1}{2}$ teaspoon salt

Continue beating until egg whites are glossy and fine grained and form peaks which just barely fall over.

Fold in a little at a time

1 cup sifted sugar

Fold in by fourths, using 15 strokes per addition, the flour, and sugar mixture. Use 10 additional strokes after all additions.

Last fold in

$\frac{1}{2}$ teaspoon vanilla

$\frac{1}{2}$ teaspoon almond extract

Pour into ungreased 10-inch tube pan. Cut through batter with a knife to release air bubbles. Bake at 350°F. for 45 to 50 minutes. Allow to cool in the pan inverted.

Alterations to recipe for elevations other than those given:

3,500 to 5,000 feet

Add 2 tablespoons sugar

Over 7,000 feet

Decrease sugar 2 tablespoons

QUICK ANGEL FOOD CAKE

5,000 to 7,000 feet

Note: This recipe will apparently violate every rule that you've ever learned regarding egg cookery. But try it exactly as it's written. It will "melt in your mouth."

1½ cups egg whites
¼ teaspoon salt
1 teaspoon cream of tartar
one ~~1~~ cup ~~x~~ (minus 2 tablespoons) sifted granulated sugar
1 cup powdered sugar
1 cup sifted cake flour (sift 3 times before measuring)
1 teaspoon vanilla

Put tube pan into 425°F. oven to pre-heat.

Beat egg whites with salt and cream of tartar until stiff but not dry.

Fold in granulated sugar 2 tablespoons at a time. (Use low speed on the mixer)

Sift flour and powdered sugar together five times.

Fold flour mixture into egg white mixture two tablespoons at a time. Raise spoon high when folding thus incorporating the maximum amount of air.

Add vanilla, and blend into mixture.

Pour batter into hot ungreased tube pan.

Bake 23 minutes at 425°F.

(Cake may crack on the top but the flavor and texture are delicious.)

Alterations to recipe for elevations other than those given.

Over 7,000 feet

Decrease granulated sugar 2 tablespoons

Under 5,000 feet

Increase granulated sugar 2 tablespoons

EGG-YOLK SPONGE CAKE

5,000 to 7,000 feet

8 egg yolks

$\frac{1}{4}$ teaspoon salt

$\frac{1}{2}$ teaspoon cream of tartar

$\frac{1}{2}$ teaspoon vanilla

Beat with rotary beater or electric mixer until blended.

$\frac{1}{2}$ cup minus 2 tablespoons water

Add gradually

$\frac{2}{3}$ cup sugar

Add slowly and continue beating until **thick and lemon colored**

1 teaspoon grated lemon rind

2 tablespoons lemon juice, mix thoroughly

1 cup plus 1 tablespoon sifted cake flour

Add $\frac{1}{4}$ flour at a time (sift over egg-yoke mixture). Fold in flour with about 15 folding strokes after each addition of flour. Use 10 additional folding strokes after the last addition.

Bake in 8-inch tube pan 340°F. for 40 to 50 minutes.

Alterations to recipe for elevations other than those given.

3,500 to 5,000 feet

Subtract 2 tablespoons sifted cake flour

Bake 325°F.

Over 7,000 feet

Add $\frac{1}{4}$ cup sifted cake flour

Bake 350°F.

CHIFFON CAKE

(Courtesy Betty Crocker)

5,000 to 7,000 feet

Sift together into mixing bowl

2 $\frac{1}{4}$ cups sifted cake flour

1 $\frac{1}{2}$ cups sugar

1 $\frac{1}{2}$ teaspoons baking powder

1 teaspoon salt

"Make a well" and add

$\frac{1}{2}$ cup salad or cooking oil

5 egg yolks unbeaten

$\frac{3}{4}$ cup cold water

2 teaspoons grated lemon rind

2 teaspoons vanilla

Beat until smooth—2 minutes with mixer

Then measure into a bowl

1 cup egg whites (7 or 8)

$\frac{1}{2}$ teaspoon cream of tartar

Beat until egg whites stand in very stiff peaks.

Gradually pour egg yolk mixture over stiffly beaten whites. Fold gently until all ingredients are blended.

Pour into ungreased 10-inch tube pan.

Bake 50 to 55 minutes at 350°F. then

10 to 15 minutes at 375°F.

Invert pan and let hang until thoroughly cold.

Alterations to recipe for elevations other than those given.

3,500 to 5,000 feet

Increase baking powder 1 $\frac{1}{2}$ teaspoons

Above 7,000 feet

Decrease baking powder $\frac{1}{2}$ teaspoon

Decrease sugar 3 tablespoons

WHITE CAKE

(Streamlined Method)

5,000 to 7,000 feet

$\frac{1}{2}$ cup shortening, soften

2 cups sifted cake flour

2 teaspoons baking powder

1 teaspoon salt

1 cup sugar

Sift together twice then add to the shortening

1 teaspoon vanilla

$\frac{3}{4}$ cup milk

Add to shortening and flour and mix 300 strokes
(2 minutes in the mixer)

4 egg whites

$\frac{1}{4}$ cup sugar

Beat egg whites until foamy. Gradually add
sugar and continue beating until meringue is
stiff and stands in peaks.

2 tablespoons milk

Add meringue and milk to batter and beat 150
strokes (1 minute in the beater)

Bake in two 8-inch cake pans which have been greased and
lined with greased wax paper. Cut through batter three or four
times in each direction to release large air pockets. Bake at
375°F. for 30 to 35 minutes.

Alterations to recipe for elevations other than those given.

3,500 to 5,000 feet

Add: $\frac{1}{2}$ teaspoon baking powder

Bake: 350°F.

Over 7,000 feet

Decrease $\frac{1}{2}$ teaspoon baking powder

GOLDEN LAYER CAKE

(Speedy Method)

4,000 to 5,500 feet

Sift together into a bowl

2¼ cups sifted cake flour

1¼ cups sugar

2¼ teaspoons baking powder

1 teaspoon salt

Add

½ cup shortening

1 teaspoon vanilla

⅔ cup milk

Blend then beat for 2 minutes (300 strokes)

Add

⅓ cup milk

2 eggs

Blend then beat for 2 minutes (300 strokes)

Pour batter into two 8-inch layer pans which have been greased and lined with greased wax paper. Bake 25 to 30 minutes at 375°F. Alterations to recipe for elevations other than those given.

3,000 to 4,000 feet

Increase sugar by ¼ cup

Decrease oven temperature to 350°F.

5,500 to 7,000 feet

Decrease sugar 1 tablespoon

Decrease baking powder ¼ teaspoon

TWO-EGG CAKE

(Conventional Method)

5,000 to 7,000 feet

2 cups sifted cake flour
1½ teaspoons double-acting baking powder
1 teaspoon salt
Sift together three times

½ cup shortening
Cream until fluffy (1 minute in mixer)

1 cup sugar
1 teaspoon vanilla
Add gradually to shortening and cream until
light and fluffy (5 minutes in mixer)

2 Eggs
Beat, add to creamed mixture and mix thoroughly. (1 minute in mixer)

¾ cup plus 1 tablespoon milk
Add alternately by thirds, flour mixture, and
milk.

Beat 25 strokes after each addition of flour and
50 strokes after each addition of liquid. For
best results **do not** use the mixer for this final
step.

Bake in two 8-inch layer pans which have been greased and lined
with greased wax paper. Cut through batter 3 or 4 times in each
direction to release large air pockets. Bake 375°F. for 25 to 30
minutes.

Alterations to recipe for elevations other than those given.

3,500 to 5,000 feet

Add: ¼ teaspoon baking powder

Decrease: 1 tablespoon milk

Bake: 350°F.

Over 7,000 feet

Decrease: ¼ teaspoon baking powder

Add: 2 tablespoons milk

BURNT SUGAR CAKE

(Streamlined Method)

5,000 to 7,000 feet

½ cup shortening, soften

2½ cups sifted cake flour

1⅞ teaspoons baking powder

½ teaspoon salt

1¼ cups sugar

Sift together twice then add to the fat.

2 egg yolks

1 teaspoon vanilla

¾ cup cold water

*3 tablespoons burnt sugar syrup

Add to the flour and fat mixture and beat 300 strokes (2 minutes with electric mixer)

2 egg whites

Beat until foamy

¼ cup sugar

Add gradually to egg whites and beat until stiff

¼ cup water

Add egg whites and water to batter and beat 150 strokes (1 minute with electric mixer)

Bake in two 9-inch layer pans which have been greased and lined with greased wax paper. Cut through batter three or four times to release any large airpockets. Bake at 375°F. for 25 to 30 minutes.

***Burnt sugar syrup:** Stir and melt slowly in a heavy skillet ½ cup sugar. Allow to brown slightly. Add ½ cup boiling water and cook until smooth. Cool before using. Left over syrup may be used in frosting or stored in a covered container in the refrigerator.

Alterations to recipe for elevations other than those given.

3,500 to 5,000 feet

Add: ¼ teaspoon baking powder

Bake 350°F.

Over 7,000 feet

Decrease baking powder ½ teaspoon

OLD FASHIONED POUND CAKE

(Courtesy of Charleston Receipts)

5,000 to 7,000 feet

2 cups minus 2 tablespoons granulated sugar
2 cups butter or margarine
10 eggs
1 teaspoon baking powder
4 cups sifted flour
 $\frac{1}{2}$ teaspoon mace
 $\frac{1}{2}$ teaspoon vanilla
 $\frac{1}{2}$ teaspoon lemon extract
 $\frac{1}{4}$ teaspoon almond extract

Cream butter and sugar

Add well beaten egg yolks and continue beating until thick and lemon colored.

Add sifted flour and baking powder gradually to the mixture

Add mace and extracts

Fold in stiffly beaten egg whites.
(Be sure that batter is thoroughly mixed)

Pour into well greased tube pan or loaf pan which has been greased and lined with two thicknesses of greased wax paper.
Bake 250°F. (slow oven) 1½ hours.

Alterations to recipe for elevations other than those given.

3,000 to 5,000 feet

Add 2 tablespoons sugar

Over 7,000 feet

Decrease sugar 2 tablespoons

COCOA FUDGE CAKE

5,000 to 7,000 feet

1 $\frac{3}{4}$ cups sifted cake flour
1 $\frac{1}{8}$ cups sugar
1 teaspoon soda
6 tablespoons cocoa

$\frac{1}{2}$ cup shortening
1 cup plus 2 tablespoons buttermilk
1 teaspoon vanilla
2 large eggs ($\frac{1}{2}$ to $\frac{2}{3}$ cup)

Sift dry ingredients together into bowl. Add shortening, buttermilk, and vanilla. Beat 2 minutes on medium speed with mixer or 300 handstrokes. Add eggs and beat 2 minutes more (300 strokes).

Bake in two 8-inch layer pans which have been greased and lined with greased wax paper 30 to 35 minutes at 375°F.
Alterations to recipe for elevations other than those given.

3,500 to 5,000 feet

Decrease buttermilk by 2 tablespoons
Bake 350°F.

Above 7,000 feet

Decrease sugar by 2 tablespoons

VI. NUTRITION (Continued)

G. Food Preservation and Storage

A large percentage of the women, especially in the Sedona-Red Rock area preserve almost all of their family food supply either by:
1. Freezing, 2. Canning, 3. Preserving.

1. Canning

In 1954 and again this year, 1955, was a poor year for fruits and vegetables in Coconino County. Consequently, any fruit available was really too expensive for canning. Due to the cold spring, and late summer infestation of pests, gardens were poor and very late. Some of the garden produce was just becoming ready for use when the first freeze came. For these reasons, (1) late spring, (2) garden pests infestations, (3) early fall frosts, there has been a shortage of low cost fruits and vegetables for preservation.

Since the advent of the home freezer, the amount of canning in Coconino County has decreased. Very few people can either meat or chicken. An ever increasing number of homemakers are selecting specific foods which they no longer can. About 100% freeze their strawberries while only about 50% freeze peaches.

Pressure canners were tested this year as the occasion demanded. Homemakers bring their pressure cooker lids to the Office for this free service. No County-wide clinics were held. Newspaper publicity brings those whose canners need testing to the office.

2. Freezing

Many requests for freezing material come to the Agent. Assistance was given through bulletins and through personal contact. Women in each community that had freezing experience are an invaluable source of knowledge to the local homemaker with freezing problems.

The main foods frozen in the County are respectively: 1. Meats, 2. Poultry, 3. Vegetables when available, 4. Some fruits when available, 5. Planned leftovers.

Home freezers have really been a boon to the nutritional status of rural and semi-rural people.

VII. HEALTH AND SAFETY:

Health is an integral part of the entire Home Demonstration program. All phases of Homemaking (nutrition, clothing and home management) are important contributing factors to good or bad health.

This year (1955) the Home Demonstration program accomplished a great deal in specific health work. The aims of the health program for 1955 were to:

1. Achieve better management of sickness and accidents in the home.
2. Better prepare the homemaker for emergencies in the home.
3. Teach simple but important home nursing techniques.
4. Remove the fear and "stigma" attached to the term "mental illness".
5. Encourage the recognition of "mental illness" as a curable disease.

A. Simple Home Nursing

The Coconino County nurse, Mrs. Susie Burton, gave lectures and demonstrations on simple home nursing. Some of the processes taught were:

1. Correct method of taking a temperature and reading the thermometer.
2. How to make a bed with a patient in it.
 - a. Safe and unsafe method of handling bed linen
 - b. Safe and unsafe way of treating the patient.
3. Sanitary procedure for Kleenex and other scrap disposal.
4. How to put on a sling and bandage.
5. Sanitary-semi isolation practices for the sickroom.

All of the women indicated that they benefited from these demonstrations. A knowledge of home care of the sick is applicable in every home at some time or other.

B. Mental Health

The Verde Valley Mental Health unit has really started to function. Since the first of the year they have worked out their organization so as to have 4 units combined under one name, The Valley Action Committee.

VII. HEALTH AND SAFETY: (Continued)

The teenage recreation unit has planned, arranged for equipped and supervised a skating rink in the Cottonwood area. They are now planning for an addition to the skating rink building for a library and reading room. In time they hope to expand their facilities to include shops and workrooms. The work that is being sponsored by homemakers throughout the Verde Valley is in keeping with the aim of the entire family working and playing together. Sedona, our most heavily populated rural area in Coconino County benefits directly from this mental health work even though its seat of operation is in another County. Mental health Leaders feel that through definite, concrete results which people can see, such as the skating rink, that they can eventually wipe out the general fear and prejudice attached to the words, "mental health".

The really big accomplishment of the Valley action Committee was to work out a plan with the Yavapai County Superintendent of Schools, the Board of Supervisors and the Prescott Superintendent of Schools for a full time specialist in Mental Health, Dr. Richard A. Parry, Psychologist was then employed. His services are available to the Agent for Homemaker's Lectures and consultations. Of course, his primary duty is to the youth of Yavapai County but in many cases his efforts with the youth will be much more effective if he talks with their parents as well.

Dr. Parry will probably work as closely with a number of the people in the Red Rock - Sedona area as with any other individuals.

An incident occurred at the Bi-County Program Planning Meeting which shows the eagerness with which the women listened to his talk. Dr. Parry was scheduled to talk for one-half hour just before lunch. He talked one hour. None of the women even noticed that it was past lunch time. The Agent feels confident that Dr. Parry with his easy personality and ability to express himself on his chosen field, "Mental Health" will be a worthwhile addition to parts of Coconino County as well as to Yavapai.

C. Chest X-Ray

Coconino County homemakers assisted with the clerical work of the mobile unit chest x-ray when it was in their areas. Since Arizona has such a high incidence of T. B. conscientious homemakers make every effort to see that their entire family is x-rayed annually.

D. Cancer

Members of homemakers' clubs furnished volunteer workers and some money to the cancer drive.

VII. HEALTH AND SAFETY (Continued)

E. Crippled Children - Polio

This year, as in the past, the homemakers contributed generously of their money, time and effort to the polio drive.

F. Red Cross

At the request of the Regional Red Cross Supervisor, the Agent endeavored to interest homemakers in both the Leader and Club Member Red Cross Home Nursing course. Members indicated a mild interest in the course if it could be given in a concentrated form in their own areas. None of the homemakers felt that they could make the trip from either Flagstaff or Sedona to Prescott to attend classes of this nature. The Agent was disappointed but the travel situation is always bad. Women do not like to drive across the mountains at night without their husbands.

VIII. RECREATION AND COMMUNITY LIFE

"Happiness through Family Unity" is the aim of the Agent and homemakers. The majority of planned recreation is adaptable to family participation.

Homemakers' Clubs have some sort of recreation at each meeting. Types of recreation are:

1. Songs
2. Games
3. Auctions
4. Refreshment

The Agent encourages songs and games because of their group participational spirit. This year our Miss Jean Stewart, State Home Demonstration Leader introduced a more or less new method of song leading and of learning songs. The State Home Demonstration Leader had recordings made of some of the songs in "Arizona Sings." Using these recordings for tune, timing, words and leadership, Miss Stewart successfully lead group singing. The women got a "big kick" out of this method of song leading. They voted they would like to have similar records.

Two County-wide recreational events were held this year. They were:

1. The recreation portion of the Bi-County Home Demonstration Program Planning Meeting. Songs, "good eats" and entertainment were included in the program.

2. This year saw the meeting of the 3rd Annual Bi-County Homemakers family picnic. 75 Homemakers and their children attended. New and old games seemed the order of the day along with delicious food. Homemakers and their children seemed to enjoy both.

It is difficult to hold many County-wide social events, because of the distances involved. The values of social events are many fold. Some of them are:

1. They help rural women become better acquainted with each other and thus makes it easier for them to work and plan together.

2. They foster community pride in the Community, etcetera, accomplishments.

3. They make possible an exchange of ideas by homemakers.

IX. EXTENSION INFORMATION

A. Newspapers

The Agent does not have a news column. However, any articles and/or news releases submitted by the Agent are printed in the one paper in the County. The Agent makes good use of any of the special Home Economics news releases sent her from the State Office. All that are applicable to this area are printed.

B. Bulletins and Mimeographs

The mimeograph bulletin on "Yeast Breads and Rolls" printed last year (1954) is nearly exhausted. However, high hopes are held by the Agent for the speedy release of a "Yeast and Bread Making Bulletin" in printed form. Just this morning proofs for this bulletin came to the Agent's desk.

The "High Altitude" cake-making bulletin was completed and printed this year. The Agent was delighted with the set-up and decoration on this bulletin. The State Information Office did an excellent job. Copies of this bulletin are included under the nutrition phase of this report.

C. Other Mimeograph

An incredible amount of Home Economics specialized mimeograph material is gotten out by the Agent and the County Secretary. Each project for every year requires 300 mimeograph copies, each of which is from 3 - 6 pages long. Copies of some of this material will be found included in this report.

D. Bulletins and Mimeograph - Miscellaneous

Bulletins and mimeograph material are distributed by both agent and county office as requested. Requests come to the Agent through personal contact, letter and telephone.

E. Photographic

The Agent took and used about 50 colored slides this year. Most of these pictures were of 4-H events.

F. Visual Aids

Movies, colored slides, flannel graphs and other types of visual aids were used extensively by the Agent.

X. MISCELLANEOUS

A. County Fair

This year (1955) saw a tremendous improvement in the Coconino County Fair. The primary reason for this improvement was the Fairgrounds themselves. Coconino County has progressed from an exhibit (Home Economics, Agriculture, and Floriculture) in the Armory to a complete County Fair with exhibits of Home Economics, Agriculture, Livestock, Floriculture and commercial in a permanent Fair site. This year the County acquired the old Fort Tuthill area intact with buildings. Individual buildings were converted into designated exhibit space with plenty of room for all. Adequate parking space was available also. The majority of the improvements put in were of a permanent nature. However, improvements and expansion will be done each year as the needs arise. Considering the space, buildings and location of the Fairgrounds, Coconino County has the potentialities of an outstanding County Fair.

The 4-H Department has a separate room for their exhibits in the main exhibit building. Special 4-H exhibits in addition to project exhibits were encouraged. The Sedona 4-H Club availed themselves of this opportunity. The East Flagstaff 4-H Club insisted upon space in another building for their exhibit. These leaders did not seem to realize the importance of concerted effort in one exhibit space. This was probably the result of past Coconino County Fairs where separate exhibit space for each group was necessary. It is hoped that in the future all 4-H exhibits will be housed in the same area.

The Sedona Homemakers held a special meeting to plan their booth. They planned and arranged a modern, step-saving, "U" kitchen, showing storage and decoration combined with many new types of kitchen equipment. The Sedona group President also requested each homemaker to exhibit a minimum of two Home Economic items at the Fair.

B. Special Activities:

The Homemakers Club in Sedona being such a large active group participated and/or sponsored practically everything occurring in the vicinity. Some of these events are: 1. Community Fair; 2. 4-H Club Work; 3. Boy and girl Scout Work; 4. Annual Valley Bazaar; 5. Annual Valley Rodeo. 6. All church events of all denominations.

The Doney Park Homemakers always sponsor a Christmas package for the Arizona Children's Home in Tucson. They plan to continue this practice. Fancy but serviceable aprons for the youngsters seem to be in great demand. Each Homemaker made at least one such apron for the children. They also sent money as well as clothing.

XI. OUTLOOK AND RECOMMENDATIONS

The outlook for the Home Demonstration Program in Coconino County is spotty. The Oak Creek, Red Rocks, Sedona area will probably continue with their large active membership (100 members). The East Flagstaff, Doney Park area Homemakers Club is very poorly attended. The Agent would like to see this group re-activated under Extension leadership exclusively. In other words, the group would function only for Extension information and teaching. No officers or community leaders would function as a part of the program.

Probably the most rapidly growing Home Demonstration Potential in Coconino County are the Indians. However, at the present time this Agent works with the Indians only in:

1. 4-H Club work
2. Supplying bulletins and other materials
3. Adult and 4-H Leader Training

In time they will be absorbed and doing even by our standards a satisfactory job of Homemaking.

Active Indian groups are at Tuba City, Bellemont, and the Navajo Ordnance Depot. It will take a long time to bring the Indians up to the average Coconino County Homemakers level in any of the arts of homemaking. Their way of life and in most cases their facilities are so different from the average homemakers. In many cases the Indians do not speak or understand the English language. Naturally, this is a grave handicap to both the Extension Service Worker and the Indian Homemaker. Nevertheless, the problem is undoubtedly not insurmountable.

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